

LaSalle Recreation Co-Ed Adult Volleyball League

Manager Information

- 1) All players must be at least 16 years of age and may not be currently competing at the collegiate or high school level.
- 2) Each team manager is responsible for updating the team roster. Players must provide phone number and signature to compete in the league. A team manager may make roster additions/deletions anytime during the regular season. Additions will not be accepted during the tournament.
- 3) A player may switch from one team to another in same league during regular season play but not during tournament play. (See below)
- 4) Players must play in at least two regular season matches to compete in the tournament AND be on team Roster.
- 5) The end of the season double elimination tournament will be held on regular season days.
- 6) Violations of any roster requirements will result in a forfeit.
- 7) League Standings are determined by win/loss record per game. In case of a tie, a winner will be decided by head-to-head win percentage. If a three-way tie exists after head-to-head competition, then positive/negative points among teams will be calculated. Awards will be given to Tournament Champions and Runner-ups.
- 8) The LaSalle Recreation Department will provide the game facilities, officials, a gym supervisor, game ball and scorekeeper.
- 9) Teams are recommended but not required to wear jerseys of similar color or jerseys with numbers.
- 10) All matches will be played at RE-1 School Facilities. Absolutely no food or drink will be allowed in the gym. Water bottles with a lid are acceptable.
- 11) All RE-1 School Facilities do not permit smoking or drinking alcohol beverages in the buildings or on school grounds.
- 12) Please monitor the safety of young children in the gym. The actions of your children are your responsibility. We will not tolerate running across bleachers, under the bleachers, hanging on basketball nets or children entering court during games. You will be given a warning, if behavior continues you will be asked to leave the gym. Children under 10 must be accompanied by an adult that is not playing in games at all times.
- 13) The Town of LaSalle and School District RE-1 will not be liable for injuries to players and will not be responsible for articles lost or stolen while participating in the program.

MATCH & GAME REGULATIONS

1. National Federation of State High School Associations rules will be used except for the modifications listed below.
2. Each match will consist of three games, the rally score format will be used, and the first team to 21 points wins the game (win by two, cap at 25). There will be no time limit on individual matches within games however a 45-minute time limit will be placed on the entire game. The clock will stop between matches and at time outs. If the current game is not complete when time

expires then play will continue until one team has a two-point advantage. After each game BOTH team captains will sign the score sheet to be sure that score for that game is correct.

3. **Tournament Play:** Each match will be determined a winner best 2 out of 3 (win by two, cap at 25). If the match goes to 3 games, the third game will be to 15 pts (win by two, cap at 30). All players must have played the required minimum of 2 games during season to play in the tournament. If a player gets hurt during the tournament, the teams only option is to play with those left or call a player who has met the minimum game in season requirement.
4. A minimum of 5 minutes will be allowed for warm ups.
5. "Co-ed" Specific Rules:
 - *Games may be started with as few as two players (one male, one female).
 - *If a team is playing with less than six players, the team must have one more female than male on the court. An opponent may compete against a team with an equal number of males to females if team captains agree.
 - *The serving order and positions on the court at service shall be male and female alternated or vice-versa.
 - *When the ball is played more than once by a team, at least one of the contacts shall be made by a female player. Contact with the ball during blocking shall not constitute playing the ball. There is no requirement for a male player to contact the ball.
 - *A ball played more than once by a team, without a female player having contacted it, remains live and does not become an illegal hit until it fully crosses the plain of the net or is contacted by an opponent.
 - *If a team is playing with four or fewer players, there are no front and back row designations.
 - *One male back row player may come to the front row to block, when there is only one female in the front row.
7. Blocking and attacking the service is illegal
8. Players are not allowed to go over the net when the ball breaks the plane.
9. Any ball, which momentarily comes to rest on a player's arms or in his/her hands, will be considered a lift.
10. Players may serve anywhere behind the back line.
11. Players are not allowed to touch the net at anytime during play. All contacts with the net will be considered a foul and result in a point or side-out.
12. When objects enter the playing court during play, the official will stop the game ONLY if the object is a direct hindrance to play.
13. Open hand dinks are allowed.
14. Timeouts are thirty seconds. Each team has two timeouts per game.
15. Only the team captains may address the official. Any other person addressing the official will receive a yellow or red card. Team captains may only request interpretations or clarification of a rule.

16. If a live and playable ball contacts the basketball hoop the current serve will be replayed. The bleachers are considered out of bounds and no player will be allowed to use them to gain an advantage to play a ball. All walls are out of bounds. The ceiling is playable on a team's own side if the team has hits remaining.
17. Any participant who is bleeding, or has an open wound, or has an excessive amount of blood on his or her uniform must leave the game or event. The participant may not return until either the bleeding has stopped, or the wound has been covered, or the uniform has been changed.
18. If the appropriate number of players are not present 5 minutes after the scheduled match time the first game will be forfeited; 15 minutes after schedule match time the second game is forfeited and 30 minutes after the scheduled match time all three games will be forfeited.

PLAYER CONDUCT

1. Each manager is responsible for the conduct of his/her players and spectators. All players will behave in an appropriate manor or be subject to removal.
2. The recreation staff will not tolerate verbal or physical threats or attacks against any players, officials, or spectators. An official can dismiss a player or spectator from the facility without a warning if their behavior is unsatisfactory.
3. Any interference from a spectator, player, or child will result in a team yellow card (warning). A second offense will result in a team red card (point or side-out).
4. Any player receiving a red card will be ejected from the match and will receive a one match suspension. Any player receiving five or more red cards in a season will be suspended from the league for the remainder of the season.
5. Any player ejected from a match will receive an automatic one game suspension from the league. Any ejected player must leave the gym within five minutes of the incident. Refusal to leave the gym may result in suspension for the remainder of the season and result in a forfeit for the team.
6. Any player under suspension is not allowed to attend the matches or be in the facility anytime during his or her suspension period. Player refusal to abide by these guidelines may be subject to suspension indefinitely.

Protests

1. A protest is only applicable to a situation where there has been a misapplication or misinterpretation of the rules. The official's judgments are not grounds for protest.
2. A written account of the protest and a \$100.00 check must be given to the gym supervisor or Recreation Director at the time of the incident. If the protest results in an official ruling being overturned the \$100.00 will be returned. If the protest does not result in an overturning of an official ruling, the \$100.00 will not be refunded.
3. The Recreation Director will make a decision regarding all protests within twenty-four hours of the incident. If an official's ruling is overturned by protest, then the game will be replayed from the point of the recorded protest.

Forfeits

1. A 30-hour notice must be given to the Recreation Director in the case that a team is unable to attend a match. There MUST be confirmation from a Town of LaSalle Employee in order for notice to be accepted.

- *Team's conduct escalates to the point that the gym supervisor feels a forfeit is warranted
- *The \$25 forfeit fee was not paid before the next scheduled match.
- *A player is not listed on the official roster
- *A player plays under an assumed name or address.
- *A team member is ejected from the game, suspended from the league, or suspended from one or more matches and is playing during the penalty period.

Cancellations

Incase of inclement weather, the team manager should call the Recreation Department for the status of the matches. Do not assume the status of the match, call first. Under most circumstances, all team managers will be informed of cancellations or postponements.

LaSalle Recreation Department

284-0900

Please Review all rules and have everyone on your team sign and date.

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